

NOVEMBER SENIOR ACTIVITIES "SECOND SIXTY"

BODY SHAPING FOR SENIOR ADULTS: This class meets every Monday, Wednesday, and Friday from 10:00 - 11:30am or from 1:00 - 2:30pm. Cost is \$15.00 for two times a week and \$20.00 for three times a week. Payment for the class needs to be made in advance through the Parks and Recreation Office, 300 West Ash, Room #100. You may pay for more than one month at a time. Payment can be brought to the office or mailed in. Training and assistance are provided and everyone works at their own pace. You still need to sign in each time at the front desk and mark the attendance sheet on the desk that is now located in back weight room. For more information about this exciting activity contact Parks & Recreation at 309-5765. This class does not entitle you to a Y membership or usage of the pool, etc. Classes begin on Monday, November 1. Please register for the session before the class begins.

ARTHRITIS AQUASIZE PROGRAMS: The American Arthritis Foundation and Salina Parks and Recreation 50 Plus Program offer an **Aquatic exercise class** that meets at the Y family pool. This fall we will meet from 9:30 - 10:15am every Monday/Wednesday/Friday. Cost is \$15.00. You will need to check in at the front desk and tell them you are with the Salina Parks and Recreation group. Dressing rooms are available through the double doors. Bring your own towel. Register for this class at the Salina Parks and Recreation Office, 300 West Ash, Room #100. We offer two smaller classes at Eaglecrest Retirement Community, 1501 E. Magnolia Road. They have a small heated pool located on the second floor. This class meets at 1:30pm and again at 2:30 pm on Monday & Thursday. The class is very limited in size, cost is \$10.00. These classes are part of the Kansas Arthritis Foundation.

TAI CHI: Elizabeth Browne will be teaching Tai Chi this fall at Trinity United Methodist Church, 901 E. Neal Ave. The class will meet Sunday afternoons at 4:00p.m. The class is FREE and you do not need to preregister.

MOVIES AT THE MALL: The movie theater at Central Mall has decided to discontinue this free service. I am looking at options in location and possible sponsors for movies. We will keep you posted .

COMPUTER CLASSES. The lab, located on the 3rd floor of the Salina Senior Center. Is open everyday at 9:00am. It is located on the 3rd floor of the Salina Senior Center. We will have a basic computer class on October 13. On October 20 we will have a class on basic internet. SCUG (Senior Computer Users Group) will meet on October 27. This class will be on Printers and Scanners. Genealogy meets the first and third Friday at 1:00pm. Registration is not required for any of these classes.

HOLIDAY BUFFET: It is time for our annual pot luck holiday buffet to be held on Thursday, November 18 at 6:00. The Sterling Houses will provide the brisket and everyone is encouraged to bring a side dish or dessert to share. Table service and entertainment will be provided. Please call 309-05765 to register so we have enough meat. There is no charge for this event.

CRAFT WORKSHOP: We will meet on the second and fourth Wednesday at 10:00am at the Salina Senior Center, on the 2nd floor. This is free!

JOLLY MIXERS: You are cordially invited to attend the Jolly Mixers on Wednesdays from 7-10pm at the Masonic Temple, 336 S. Santa Fe. Socials are non-smoking and alcohol-free.

AARP DEFENSIVE DRIVING: An evening class will be held on November 2nd and 4th (Tuesday/Thursday) from 5:30-9:30pm at the Salina Senior Center, 245 N. 9th. Cost is

\$14.00 for AARP non-members and \$12.00 for members. Please call 309-5765 to register for the class. Payment is made the first night of class. All auto insurance companies in the state of Kansas must offer you a discount after completing this approved Driver Safety Program. Topics are crime in parking areas, know your automobile, new traffic laws and how to avoid serious accidents.

UPCOMING EVENTS

ABILENE GPT: We will be traveling to Abilene on November 10 to see the show “Baby”, a story about three couples on a university campus as they deal with the painful, rewarding and agonizingly funny consequences of life. One couple has trouble conceiving, one is middle aged parents – looking forward to seeing their last child graduate from college to unexpectedly finding themselves starting over and one couple is just starting married life. We will have lunch at Brookville Hotel prior to the show. The vehicles will leave at 11:30 am from Kenwood Cove parking lot. We will include a stop at Russell Stover’s before returning home at 5:00pm. Cost is \$40.00.

ALASKA LAND AND CRUISE: Don’t miss this opportunity of a lifetime to explore the great state of Alaska. We will leave on Saturday, July 30 and return on Thursday, August 11. The trip includes Fairbanks, Stern Wheeler Discovery, Denali National Park, Music of Denali Dinner Theater, Denali Express, Rail Car, and Island Princess Cruise Ship including stops in Skagway, Juneau and Ketchikan. Contact Janice at 309-5765 for more details.